

221st BSB – Wiesbaden, Wackernheim, Dexheim



Runners of all ages hit the street during the March Madness Half-Marathon at Wiesbaden Army Airfield. Stop by Tony Bass, Dexheim or McCully fitness centers to get information on more upcoming runs and marathons.

Tony Bass Fitness Center March Madness Half-Marathon winners

Women

Open 18-25: Anita Vega, Marylu Salgado, Brandy Hutchinson

Seniors 26-32: Lisa Michaelis, Jennifer Shafer, Florence Swinnen

Sub Masters 33-39: Blanca Gray, Ethenia Torres, Tracey Webb

Masters Over 40: Gale Gilderoy, Karen Morris, Elizabeth Washington

Men

17 and Under: Chad Olenick, Karl Best

Open 18-29: Jacob Truex, Brett Barkaes, Casey Jackson

Seniors 30-39: Akremi Abdelmalek, Jason Bren, Brad Brackin

Sub Masters 40-49: Larry Purdue, Lawrence Mixon, Bryan Simpson

Masters Over 50: James Engle, Mark Word

Runners take off in Wiesbaden

Story and photos by
Kelly Deichert
Special to the Herald Union

Running can be a great way to relieve stress and have fun. Sometimes you can even get a free T-shirt in the bargain.

Wiesbaden's Tony Bass Fitness Center offered runners all of the above at the March Madness Half Marathon at Wiesbaden Army Airfield March 19.

The threat of rain didn't deter 97 runners from participating.

"As our events go by, the turnout is getting bigger and bigger," said Keith Oswald, event organizer. "We have discovered there is a large group of runners in this ASG (104th Area Support Group) and have thrived with the other BSBs (Base Support Battalions) in the 104th ASG to offer better quality runs."



Overall male winner, Akremi Abdelmalek, completed the half-marathon in 1:14:34

Oswald conducted a School of Marathon this year, which is helping a team of 16 beginners and mentors train for long races. "We are affording our runners the opportunity to get all the race experience we can. They have already gotten a five-K and 10-K, and now the half marathon is due," he said. The school will end with the Gutenberg Marathon May 8.

Student Kelly Dorsch from Wiesbaden said she has been running for pleasure for about three years, competing in several races, including the March Madness Half Marathon. "Although I haven't placed in any of the races, I still come back to participate for the pure joy of saying, 'I finished a half marathon,'" she said.

Staff Sgt. Donnie Gray from Ramstein Air Base said he was proud of his wife, Blanca's, dedication. The couple usually runs together, usually in matching outfits. He sat out during the half marathon to babysit their daughter, Bonita. They beamed with pride as Blanca finished as the top female runner during the half marathon in one

hour and 32 minutes.

All three Grays participated in the Paris Half Marathon March 6. Donnie ran by himself while Blanca pushed 20-month-old Bonita in a stroller. "I was so amazed," he said of his wife's finish in one hour, 49 minutes.

"Running is a stress release for me, no phones, no meetings, no one telling you what you have to do ..." – Sgt. Maj. Patrick Padden

Sgt. Maj. Patrick Padden has competed in more than 50 races, but the half marathon was his first at Tony Bass.

"Running is a stress release for me," he said, "no phones, no meetings, no one telling you what you have to do while you are trotting along." Padden learned about the half marathon from a coworker and is part of a group from Darmstadt that has been training for this event. "I wanted to get back into some distance running, and a half marathon is a great distance for long runs," he said. "I completed a marathon before I turned 40, and now that I'm over 40, I want to see if I can do another one down the road."

Gail Gilderoy from the 104th ASG Financial Management Office is thank-

Overall female winner, Blanca Gray, finished in 1:32:17



ful the 221st BSB is offering this race, which will help her prepare for the Berlin half marathon April 3. She ran cross country in high school and picked up running again in 2000.

Her goal with the March Madness Half Marathon was to have fun. "I am currently fighting that nasty cold bug that is going around that I picked up last weekend, so (the goal) definitely won't be about the (finishing) time," she said.

Despite feeling under the weather, Gilderoy finished first in her age group (40 and older) with a time of one hour, 46 minutes.

Time will be on her mind when she competes in the Berlin marathon in September, when she said she hopes to finish in less than four hours.

After this year's successful race, Oswald said he hopes to make the half marathon an annual event.

Joining Army provides success for single mom

By **Spec. Brandon Bonner**

363rd Mobile Public Affairs Detachment

Many people believe only a traditional nuclear family can survive today; that single parents and blended families will only flounder and fail. But Sgt. Maj. Julia A.M. Giles of the munitions division of 19th Support Center at Wiesbaden Army Airfield, is living defiance of that belief.

Giles said she grew up under the guidance of a harsh father in a dysfunctional home in the small town of Pryor, just outside Billings, Mont. She became pregnant with her first child at the age of 15. Little more than a year after her daughter was born, she gave birth to a second.

"[My father] wasn't speaking to me at the time," she said. "[I thought], 'How could you throw me out with nowhere to live and nowhere to go.'" A mere teenager with two children, she was faced with the arduous task of scratching out a life for herself and her young family.

She had to leave high school because of the negative reactions of her peers and those in authority positions. "In our society, when you get pregnant when you're young, it's like you are already doomed to not succeed... everyone says you're not going to make it," she said.

Refusing to give up, Giles earned a General Educational Development high school graduation equivalency certificate and began a licensed practical nursing program while working as a nurse's aid in a local hospital.

She said she was on welfare and going to school, but received no emotional or other

support from her family and sought a way out of the small town. Her younger brother, who had joined the Army Reserve, advised her to join the military.

"He said, 'Go ahead and go. When you get to basic training, it's just like Dad yelling at you,'" she said. To Giles this seemed the best way out of her dilemma.

She first spoke with a Marine Corps recruiter. But she said that after doing exceptionally well on the Marine entrance exams, she was turned

away simply because she was a single mother.

"I cried," said Giles, "and with tears in my eyes, [the Marine recruiter]

marched me down to the Army recruiting office... and said, 'We have a young lady here with no high school diploma and kids.'"

The Army recruiter told Giles she would have to enlist in the Army Reserve, and after 12 months she could go on active duty as a prior service enlistee. This option involved giving up her children completely. The recruiter told her to "go home and think about it, then come back," she said. But she said she wanted to leave her old life behind badly enough to take the recruiter up on his offer. "I made my decision and he walked me through it," said Giles.

She gave complete custody of her children to her aunt, but said she signed the papers in a way that would assure she would get them back. "When I think about where I came from, and what could have happened, I was determined to get out of there," she said.

After completing her first year of service with the Army Reserve at the 592nd Ordnance Battalion in Billings, she joined

the active Army serving as an ammunition specialist at Fort Hood, Texas, as her first duty assignment.

At Fort Hood she established a network with Army families so that being a single parent did not affect her job performance. She had to manage her work and take care of the children, but she kept herself prepared.

"I always had a plan," she said. Those plans kept her moving ahead. Giles went on to become operations NCO for the 125th Ordnance Battalion in Billings; Advance Individual Training drill sergeant at Redstone Arsenal, Ala.; first sergeant of the 65th Ordnance Company and later, the 22nd Ordnance Company, in Korea.

Over a period of 23 years of service Giles has received two Meritorious Service Medals, seven Army Commendation Medals and four Army Achievement Medals.

Giles' unit took part in V Corps' recent exercise, Victory Focus. As the sergeant major for the munitions division, she is in charge of the division's overall procurement, distribution and replacement of all personnel and materiel. She also said she mentors her NCOs as much as possible, drawing on her hard-won experience.

"She's like a mother," said Pfc. Lurine E. Houde, an ammunition specialist in Giles' unit. "She takes care of us."

Giles said she will never forget what she went through as a young mother. She has embraced other young women who are experiencing similar challenges. "I have taken care of five young females when they were pregnant and on the street, and looked after them so they were not struggling," Giles said. "They all call me Mom now."



Sgt. Maj. Giles

Employment opportunities

Child and Youth Services care givers are needed throughout the Wiesbaden and Dexheim communities. Call the Nonappropriated Fund Human Resource Office at mil 337-5272 or civ (0611) 705-5272 for more information or join the 221st Base Support Battalion Family Child Care program. Stay at home with your children while building a career. Providers receive free training and nationally recognized accreditation. For information call mil 338-7729 or civ (0611) 380-7729.

Rheinblick Golf Course is now hiring for outdoor **maintenance personnel**. Salary starts at \$8.51 per hour. For more information and to apply call mil 336-2816 or civ (0611) 420 675.

The Army Career and Alumni Program is seeking a full-time **ACAP counselor** in Wiesbaden. Applicants must have a MA/MS in counseling, human resource management, training and development or a related field; two years counseling experience and ability to travel. Submit a chronological resume to Hanau ACAP, Pioneer Kaserne, Building 11, Room 325. For more information call mil 322-8356/8303 or civ (06181) 88-8308.

Food service workers are currently needed at the Wiesbaden Army Airfield, Dexheim and McCully Barracks dining facilities. Wages start at \$10.25 an hour. For more information call mil 337-7004 or civ (0611) 705-7004.

The Treasure Trove Thrift Shop in Hainerberg Housing has an immediate opening for a part-time **bookkeeper**. Applicant must have computer skills, knowledge of basic bookkeeping and accounting. Applications can be picked up at the thrift shop or email ttrove.thrift@gmail.com. Call civ (0611) 742 61 for more information.

tion.

Andrews Federal Credit Union is accepting applications for a **training specialist**. For more information, call civ (0611) 978 7535 or email berickson@andrewsfcu.org.

The Wiesbaden branch of Bank of America is seeking a part-time **customer service representative**. Banking experience isn't required, but is a plus. Call mil 337-6008 or civ (0611) 705-6008 for more information.

The American Arms Hotel is hiring **front desk clerks** and **custodial workers** for housekeeping. Applicants must be U.S. citizens and can apply at the Nonappropriated Fund Personnel Office in Building 1020 at Wiesbaden Army Airfield. For more information call mil 338-7883 or civ (0611) 343 667.

The Wiesbaden Army Airfield Community Bank is currently accepting applications for a **bank teller**. Applicants should have a minimum of two years retention. Previous experience is preferred. Applications can be picked up at any Community Bank branch. For more information call civ (0611) 702 411.

Department of Defense Dependents Schools seek an **accounting technician** (GS-0560-12); **budget analyst** (GS-0525-07) and **human resource specialist** (GS-0201-07 target GS-09). Send resumes or an OF-171 to DoDEA, DoDDS-Europe, Attn: Personnel/Latimore, Unit 29649 Box 7100, APO AE 09096.

Several nonappropriated fund positions are available to include **waiter, bar assistant and recreation aid**. For a complete listing of employment in the Wiesbaden area visit the www.wiesbaden.army.mil or www.chra.eur.army.mil websites.



Contractors guide a five-ton monument into place outside 1st Armored Division headquarters at Wiesbaden Army Airfield. The monument bears the names of 130 Iron Soldiers killed during Operation Iraqi Freedom.

1st AD honors fallen Soldiers

Story and photo by
Pvt. 2 Jennifer McFadden
1st Armored Division Public Affairs Office

A monument bearing the names of the 130 “Iron Soldiers” of V Corps’ 1st Armored Division who died during the division’s 15-month deployment in support of the first iteration of Operation Iraqi Freedom was put in place beside the division headquarters in February.

The three-ton stone monument and its two-ton granite base display distinct engravings on each of its three sides. One lists the names of the Soldiers who fell in Iraq, including task force member Sgt. Andres Nuiamae, the first Estonian troop killed in combat since 1920. A second side highlights a map of Iraq

with the names of prominent cities and major bodies of water, as well as the crests of the six major units that comprised Task Force 1st Armored Division during its deployment. A third side bears the division’s famed triangular red, blue and yellow crest and this quote by division commander Maj. Gen. Martin Dempsey — “In the history of our great nation there have been times when soldiers have been called upon to re-earn America’s freedom. This is such a time. You now take your place among the heroes of our past who sacrificed so that their fellow Americans would remain free.”

The monument was lowered by crane, guided into place and secured by employees of Nachmann and Fuchs, the firm that created it.

Just for youth

Scouting news

Boys interested in joining the Wiesbaden area Cub Scouts can call civ (0175) 956 4840 to register and find out more information.

Camp registration

Team 221st Child and Youth Services host a nine-week summer camp through its School-Age Services program. Youth may be enrolled for the entire program or in two-week increments. Registration begins April 18. For more information call mil 337-6724 or civ (0611) 705-6724.

Babysitter class

The Red Cross offers a babysitting class for youths age 13-18 April 23. Call mil 337-5383 to sign up.

Young actors wanted for ‘Wiz of the West’

By **Kelly Deichert**
Special to the Herald Union

Children in the 221st Base Support Battalion community can experience the magic of theater firsthand by participating in the Missoula Children’s Theater production of “The Wiz of the West.”

The children’s theater group, in conjunction with the 221st BSB Entertainment Branch, seeks approximately 60 young actors for its production. Students in kindergarten through grade 12 are invited to audition for large and small roles.

Youths need to be at the Wiesbaden American Middle School gymnasium by 3:15 p.m. April 25 and plan to stay until at least 5:30 p.m. No previous preparation is necessary.

Rehearsals will be held from 3:30-8 p.m. April 25-29. Performances are at 3 and 7 p.m. April 30 at the middle school.

Tickets cost \$5 for adults, \$3 for students and an additional \$3 for those attending both performances.

“The Army has been bring-

ing the MCT to Europe for at least five years, four of which have included performances in Wiesbaden,” said Charlie Fontana, 221st BSB entertainment chief.

Fontana said the experience can offer valuable lessons for young people. “Going through the process of auditioning, rehearsing and performing gives kids insights into their own potential, into the virtues of teamwork and into the magical creative process called theater,” he said. “It’s an opportu-

nity to work with and have fun with young, energetic adults who are experts in children’s theater.”

Fontana said he hopes this year’s production will be as successful as those in the past. Last year the Wiesbaden community had approximately 120 youths audition for “Red Riding Hood,” an amount that surpassed all other military communities MCT had visited.

Fontana encourages teachers to make their students aware of this opportunity. “We hope

that every child who’s interested in being in ‘The Wiz of the West’ will take advantage of the opportunity to audition,”

he said.

For more information contact Fontana at mil 336-2473 or civ (0611) 816-2473.

Community news notes

Poetry reading

Celebrate National Poetry Month with the Wiesbaden Army Airfield Library from 5-7 p.m. April 23. Read one of your own works or a well-known poem. Call mil 337-1740 or civ (0611) 705-1740.

Dexheim Town Hall

All Dexheim residents are invited to a community Town Hall April 20 at 6 p.m. at the Rheinlander Club.

Pre-deployment workshops

Army Community Service offers pre-deployment workshops from 6-7 p.m. for Soldiers and spouses the first, second and third Monday of the month in Room 22, Building 7790, in Hainerberg Housing and on the fourth Monday of the month at Dexheim ACS. Unit training is available upon request. For more information call mil 337-5034/5754 or civ (0611) 705-5034/5754.

Parents wanted

The Wiesbaden Middle School Parent Teacher Student Association is seeking members willing to serve on an



Photo by Cassandra Kardeke

Kinderfest slated April 23

Youngsters decorate cookies at last year's Kinderfest. Child and Youth Services hosts the free annual event April 23 from 10 a.m. to 2 p.m. at the Wiesbaden Middle School playground. Fun-filled activities, rides and more are planned for all ages throughout the day.

elected PTSA board or as a sub-committee member. Elections are at 5:30 p.m. May 11 in the school's media center. Nomination forms are available at both the Middle and

Hainerberg Elementary school main offices and must be received by May 6. For more information call civ (06134) 284 224.

Career seminars

The Army Career and Alumni Program hosts an Intelligence and Defense Career Seminar April 26 at 10 a.m. The free one-hour seminar will help identify career opportunities in the world of command, control, communications, computer intelligence, surveillance and reconnaissance. For more information call mil 337-5709 or civ (0611) 705-5709.

Youth classes

Youth interested in attending hip-hop dance or musical theater classes should sign up now through the Child and Youth Services SKIES program. Cost is \$40 per month. All youth must be registered with CYS before enrolling. For more information call mil 337-5383 or civ (0611) 705-5383.

Musical auditions

The Amelia Earhart Playhouse holds auditions for "Hello Muddah, Hello Fadduh" at 7 p.m. April 20 and 21. Singing and non-singing roles are avail-

able for male and female adults. No previous acting experience is necessary. Performances will be held in June. Call mil 336-2473 or civ (0611) 816-2473.

School registration

Pre-registration for all returning students to **Aukamm Elementary School** for the 2005-06 school year and all new kindergarten students will be held April 20-21 at the school. Call mil 337-6260 or civ (0611) 705-6260. Registration for returning students to **Dexheim Elementary School** (kindergarten through sixth grade) will be held from 8 a.m. to 3 p.m. April 22.

Dodge Ball

Tony Bass Fitness Center hosts a Dodge Ball Madness tournament April 16 at 9 a.m. Tourney is open to eight-man teams for \$75 per team. Call mil 337-5541 or civ (0611) 705-5541.

Father-daughter dance

Girls and dads — get ready for a special date night. The 221st Base Support Battalion chapels sponsor a father-daughter dance April 23 at the middle school gym from 7-9:30 p.m. Invitations are available at the Hainerberg Chapel. Call civ (06127) 99 2140 or send an email to sexton@t-online.de.

Flea market

The German-American Women's Club holds a fundraiser flea market April 16 from 8:30 a.m. to 5 p.m. at the Wiesbaden Kurhaus Colonnade.

Parenting help

The New Parent Education and Support Program offers a three-part series of workshops for new or soon-to-be parents. The series topics include childbirth experience — dealing with discomfort in labor; breastfeeding — getting started and being successful and postpartum/newborn care and safety. Registration is required for these workshops. Call mil 338-7835 or civ (0611) 532 9842.

222nd BSB – Baumholder, Neubrücke, Strassburg

ACAP briefings

Baumholder's Army Career and Alumni Program has scheduled pre-separation briefings and job assistance workshops April 26-27 at the ACAP center. Preseparation briefings are required no later than 90 days before separating. Separating Soldiers are encouraged to begin the process as early as one year before moving on to their next duty station or two years before separating. For more information call ACAP at mil 485-6330 or civ (06783) 6-6330.

School registration

Baumholder American Middle/High School is holding preregistration for the 2005/2006 school year through April 22 from 9 a.m. to 1 p.m. in the main office. Items to bring include current orders and immunization records. Call Renee Thomas at mil 485-7590 for more information. If you're not sure if you will be departing before school starts, you should register your student for next year anyway so classes can be scheduled. Staffing for next year will be based on Pre-registration numbers, so register as soon as possible to ensure the school is able to have the correct staffing for next year.

Vet clinic open

The Baumholder Veterinary Clinic is now providing more services than ever. Appointments are now available, and the clinic is also providing surgical and dental services. The clinic is open Mondays, Wednesdays and Fridays from 9 a.m. to 4 p.m. and Tuesdays for surgeries. For more information call the Veterinary Clinic at mil 485-6636.

Team Building

The following Army Family Team Building sessions are scheduled for April:

- ◆ April 21-22, Level I, 8:30 a.m. to 2 p.m.
- ◆ May 24-26, Level II, 8:30 a.m. to 2 p.m.
- ◆ April 26-27, Level III, 8:30 a.m. to 2 p.m.

FRG leader training

A two-day class geared toward new and soon-to-be Family Readiness Group leaders is scheduled for April 18-19 from

Happenings



Photo by LeAnne MacAllister

MPs head to Afghanistan

Sgt. 1st Class Riki Hawk and his wife Oksana exchange a tearful goodbye at the 709th Military Police Battalion, 92nd MP Company headquarters. Soldiers of the 92nd MP Co. deployed April 4 for duty in Afghanistan.

8:30 a.m. to noon.

Parenting programs

The Parents and Tots Playgroup (birth to preschool), meets from 10-11:30 a.m. Mondays and Fridays at the Iron Kids Play Room, Building 8222.

Nurturing program sessions for parents and their infants, toddlers and preschoolers meets from 10 a.m. to noon. Mondays at the Iron Kids indoor playground, Building 8222.

Empowering Nurturing Parenting, offered April 21 from 10-11:30 a.m., is an ongoing support group for parents and their children who have graduated from the nurturing program. The group is

designed to provide ongoing support and instruction to those still new to the philosophy and practices in nurturing in an effort to keep the momentum going as the family continues to change. Children are asked to attend and participate in supportive activities and free play in the company of their parents.

Potty Training Classes are offered April 14, 10-11:30 a.m.; April 27, noon to 1:30 p.m.; and April 28, 10-11:30 a.m. This is a one time 90 minute educational class geared to answer such questions as: When should I start potty training? How do I know when my child is ready? How do I potty train? Just who is

being potty trained...me or my child?

A coffee break support group for military spouses and couples meets 10-11:30 a.m. Wednesdays.

Other programs include:

◆ April 19, Breastfeeding Class, 10 a.m. to noon

◆ April 26, Labor and Delivery, 4-6 p.m.

◆ April 27, Newborn Care Class. This class offers education and support for parents on care of infants during the first 28 days of life.

Divorce support

Divorce Support with Children is a group designed to provide a network of support to military families who are considering or are currently involved in a divorce by bringing together people who are experiencing similar situations. The group is geared to help families maintain healthy relationships throughout the divorce process. The group is available upon request and participants are encouraged to discuss and share their concerns and feelings with other attendees.

Asthma class

Learn how to care for your asthma May 9 from 5:30-7:30 p.m. Meet other people with asthma and parents of asthmatic children. Discuss the different successful methods and steps you can take for preventing asthma attacks.

Support group

The ADD/ADHD support group meets April 25 from 5:30-7:30 p.m. Take this opportunity to share your experiences with other parents and obtain more information about your child's diagnosis.

Couples, relationships

The following classes are offered for couples by ACS:

Maintaining Love in a Healthy Relationship, April 19 and 26, 5:30-7:30 p.m.

Happily Ever After-Adjusting to New Marriage, April 20 and 27, 5:30-7:30 p.m.

Smith ushers in Month of Military Child

By Ignacio “Iggy” Rubalcava

**222nd Base Support Battalion
Public Affairs Office**

With the Military Police and fire department keeping a watchful eye, some 70 persons paraded through the heart of Smith Barracks April 1, toting banners and waving flags as they marched in the brisk morning air.

One would think it was a protest of sorts except that the “protesters” included preschool children and their parents. It was the Smith Child Development Center’s annual Month of the Military Child Parade.

“We kick off the Month of the Military Child with a parade,” said Emma Donaldson, Smith Child Development Center director.

More than 70 children, parents, and CDC staff made their way out of the center and headed up the hill toward the Rheinlander Convention Center and turned left on Menue Road.

They then made their way down the hill toward the 222nd Base Support Battalion, looped around on AAFES Street and headed back to the center.

“Throughout the whole month we do different things on different days. We have all kinds of activities going on



Photo by Ignacio “Iggy” Rubalcava

Children, parents and staff members from the Smith Child Development Center parade down AAFES Road.

such as parents’ day, when the parents come out and eat with the staff and the children,”

“Then we have other people assist us by coming out and reading books, doing face

painting, etc. We just do something throughout the whole month to celebrate the Month of the Military Child,” said Donaldson.

Child Development Ser-

vices coordinator Bonnie Phelps added that another highlight of the Month of the Military Child will be the fun fest April 23 at the Rheinlander from 1-4 p.m.

“We’ll have numerous activities for the children and we’re inviting everyone to come out and help us celebrate the Month of the Military Child,” said Phelps.



Photo courtesy of Smith Elementary School

A student fields a question during the Battle of the Books.

Battle of the Books celebrates reading

Smith Elementary School hosted a Battle of the Books March 3 where fourth-, fifth- and sixth-grade students from Smith, Neubrück and Wetzel Elementary Schools faced off in game-show style competition to answer questions about what they had read. The event was a celebration of reading and the spirit of cooperation.

Throughout the school year students read from a list of 30 books and participated in after-school meetings to discuss what they had read. The Battle of the Books consisted of teams in all three grades from all three schools. Students were allowed to confer with their team members when answering.

222nd BSB – Baumholder, Neubrück, Strassburg



Sgt. 1st Class Peter Moise of 1st Battalion, 35th Armor Regiment, Headquarters and Headquarters Company Medic Platoon listens for the Sim Man's heartbeat.



Members of the Health Clinic staff examine a wound on the Sim Man's chest.



1st Lt. Brandon McCarter instructs Soldiers of the 1-35th Armor Medic Platoon.

Sim Man tests medical knowledge

**Story and photos by
LeAnne MacAllister
222nd Base Support Battalion
Public Affairs Office**

Baumholder's medical professionals provided emergency care for a variety of injuries March 24 at Building 8354. Luckily, no one was hurt.

The 7th Army Training Command introduced their newest training instrument to medical platoons and health clinic personnel. The Sim Man, or simulated human, is a tool used for medical personnel to test their ability to diagnose and treat injuries in an emergency setting such as an ambulance transfer point.

Baumholder received three new Sim Man systems. A system is comprised of a simulated full-size human body, connected computer and tools including a heart monitor, breathing pattern replications and applicable

noise cues such as "hey, that hurts." A computer evaluates medical professionals on their ability to perform multiple medical tasks including tracheotomies and stabilization of excessive bleeding.

"It's a great tool and we are glad Baumholder can finally offer it to Soldiers for training," said Dale Franz, Local Training Area supervisor. "The Sim Man costs about \$50,000 so we are very lucky to get three. Many hospitals and universities use it, and the Army realizes its value."

"This system was sent to us from the 7th ATC. It gives Soldiers the opportunity to train on tasks they would encounter in actual battle," said Jose LaRoy, Training Support Center supervisor. Medical combat units and health clinic professionals were on hand for the

ground breaking of the new center and had the opportunity to take a firsthand look at the training aid's capabilities.

"I've heard and read about the Sim Man, and it's going to be awesome. The actual hands on here is more realistic than practicing on real people. The Sim Man gives us realistic sounds such as gurgling in the chest and pain reactions that are needed to assess patients," said Sgt. 1st Class Peter Moise, of 1st Battalion, 35th Armor Regiment, Headquarters and Headquarters Company Medic Platoon. 1st Lt.



Sgt. Alejandro M. Verjes, Baumholder Health Clinic, monitors the exercise from the computer reports.

Brandon McCarter, 1-35th Armor Medic Platoon leader, experienced this type of training in his officer basic course and is looking forward to educating his platoon with the Sim Man. "From a leadership per-

spective, this tool is much more realistic than those the Soldiers are accustomed to. The element of reality provides the necessary experience in preparation for deployment," said McCarter.

Clinic prepares for baby boom

By Helen K. Williams
222nd Base Support Battalion
Public Affairs Office volunteer
writer

It's been a little more than nine months since Soldiers of the 1st Armored Division returned to Baumholder after their extended stay in Iraq and now Baumholder is bracing to welcome 300 more new members to the community — 300 babies that is. To defuse this baby boom and meet the needs of the military community the Baumholder Health Clinic has teamed up with the hospitals of Idar-Oberstein and Birkenfeld.

"Expecting mothers may find themselves in an emergency situation where they may have to deliver their baby in a German hospital. While Landstuhl is equipped to handle all the pregnancies, there may be a time when unexpected deliveries occur and a mom-to-be may be redirected to Idar or Birkenfeld," said Lt. Col. Jeffery Lawson, commander of the Baumholder Health Clinic.

How do you know if you will be redirected? "All ladies should call Landstuhl when they think they are in labor to

see if a bed is available. If not, they may be offered the option of heading to a German hospital. This will save them driving time if necessary," said Lawson.

Baumholder has more than 300 pregnancies reaching due dates in the next few months.

"Landstuhl has taken steps to ready themselves for Baumholder's impending baby boom by hiring two more midwives in addition to the rest of their gynecological staff," said Lawson.

Still, the Baumholder Health Clinic is getting prepared with multiple alternatives.

Lt. Col. Michael Money, chief nurse at the Baumholder Health Clinic, organized tours and interviews with the staff of local German hospitals at their mother baby wards. "Through touring these facilities, expecting families can see that op-



Photo by LeAnne MacAllister

Pfc. Alicia Johnson cradles her son, Deshawn, shortly after delivering him in the Idar-Oberstein Hospital.

tions on the economy are state of the art facilities and very similar to a mother baby ward in an American hospital," said Money.

Doctor Rainer Gros, chief of gynecology at Idar-Oberstein Hospital, led one of the tours. "We are used to taking care of Americans and want to make sure everyone is comfortable. We are always willing to take extra measures to ensure the patient's comfort. With that, all doctors speak English and most nurses speak English too," said Gros.

Pfc. Alicia Johnson, a member of the 222nd Base Support

Battalion, delivered her son, Deshawn, in Idar-Oberstein as a result of a quick and unexpected delivery. "I would be just as comfortable coming back to this hospital again as I would be to go to Landstuhl," said Johnson.

Baumholder military community member Katherine Murry has used the Idar hospital for follow-up surgery after delivering her fifth child. "I had a great experience. The care is very personal and professional, and the staff is taking good care of me."

Birkenfeld hospital has recently expanded to serve the needs of the growing community. "We have just completed a €1.4 million renovation," said Doctor Von der Osten, chief of gynecology at Birkenfeld Hospital. Von der Osten continued, "We have nine beds on our maternity ward, a contraction room with a full-size bed

that allows room for the husband to stay with his wife, two labor rooms with a large bath tub for relaxing and a large whirlpool tub for patients who want to have their baby in water."

"We have been delivering American babies for about 20 years; our staff is experienced with helping Americans," says Von der Osten.

Both hospitals provide similar amenities including community breakfast lounges, underwater breathing capabilities and the option to have the baby stay in the room with the mother or in the pediatric nurseries. Idar also offers a lactation specialist on site. "Germans typically stay in the hospital longer than Americans after having their baby," said Gros. "However, given there are no complications, the new mother can decide when she is ready to leave."

"Whether an expecting mother ends up giving birth at Landstuhl, Birkenfeld or Idar-Oberstein, we want all expecting mothers to rest assured that their needs will be met and they will be made as comfortable as possible," said Money.

Europe's biggest baby shower

Operation Iron Stork arrives

By LeAnne MacAllister
222nd Base Support Battalion
Public Affairs Office

Just nine months ago, 5,000 members of the 1st Armored Division were returning from Iraq.

Just nine months ago, love was in the air.

Now, nine months later, the biggest baby shower in Europe will be hosted by the New Parent Education and Support Program and the Baumholder Community Spouses Club April 25 at the Rheinlander Convention Center.

The new baby boomers of Baumholder, partially attributed to the return of the 1st Armored Division from a 15 month deployment last July, are reaching their due dates.

About 350 expecting or new mothers and fathers are invited to join in the festivities.

"Baumholder has one of the highest number of pregnancy rates of the entire 1st AD community," says Jean Marie Williams, home visitor of the New Parent Support Program and Operation Iron Stork coordinator.

The event runs from 10 a.m. to 4 p.m. and is being presented as an open house expo. Upon check-in, every expecting or new mom gets a baby bag full of goodies.

Shower goers may then browse through information and pick up packets presented by agencies including legal, finance, the passport office, Army Community Service,

Women Infants and Children, Child and Youth Services, Landstuhl hospital, medical services, German hospital representatives, the Red Cross, Community Bank and AAFES.

The Baumholder Baby Shower promises fun as well. "Each agency has the opportunity to participate in the festivities by running a baby shower game at their table," said Williams.

"In addition there will be prizes, tons of raffle gifts from AAFES and other donors, music, entertainment and free food provided by the BCSC," said Williams.

For more information call the New Parent Education and Support Program at mil 485-6932 or ACS at mil 485-8188.